



THE

SCOOP

A QUARTERLY MAGAZINE FROM BERKSHIRE FOOD CO-OP
fall 2022

34 Bridge St Great Barrington | (413) 528-9697

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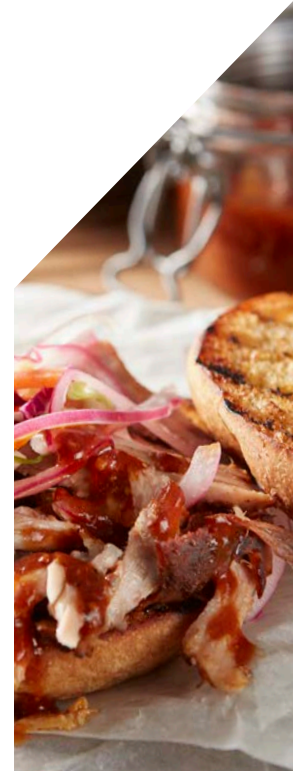
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meet the board



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FROM THE GENERAL MANAGER:

It's Autumn! And it's one of the best things about living in the Northeast. Although there are so many elements to appreciate throughout the year, these months in particular are the most fulfilling. Not only do I feel a greater connection to our natural surroundings, but to my inner landscape as well. We are all part of nature— we move with it and are affected by it. We change, and our perspective shifts. We are entering a season of balance that infuses our lives with richness, depth, and variety. It is a time of abundance in its own right— the long awaited winter squash arrive, surplus from the seasonal harvest is ready to be preserved, and it seems as though a new variety of apple arrives every week. Thoughts of spiced cider, warming fires, cozy sweaters, and (especially) soup-making, inspire the makings of a weekend well-spent.

While cycling the backroads of Columbia and Berkshire counties, I find that these are the days in which I take more notice of the timeworn stonewalls that delineate properties of old, the weathered barns and fences highlighted against the backdrop of vibrant foliage, the rustling of leaves in the breeze. It's also when our local farms and farm stands are bursting with hardy vegetables and storage crops. The forest is alive with activity, as all creatures prepare for the long winter days to come. Nothing evokes the past as does the season of autumn. It's the one time of year when we modern humans find ourselves heading out to explore the rural and rustic places still in existence from our ancestors. I am reminded of the importance of acknowledging those who came before us.

To recognize and honor the indigenous peoples who once lived on this land, the Co-op will be establishing a Land Acknowledgement statement. As written in the Executive Summary of the Land Acknowledgement for the Town of Great Barrington: "As residents, we have a duty to reflect upon, and learn, from our past, by recognizing indigenous peoples as the traditional stewards of our land, by learning about their history and culture, and by closely examining the history of how our community came to be. It is our hope that this land acknowledgment will help empower indigenous voices within our community and beyond, inspire non-indigenous individuals to learn more about native communities and their history"

Looking back through archived editions of the Scoop (then called our Quarterly Newsletter), I was heartened by a statement that our current Board Vice President, Jake Levin, made a few years ago: "The Co-op is always working to cultivate this community so that it can continue to grow, be healthy and stay strong." These tenets are important to all of us here, and we live them each and every day. They are what drive us to be better, do better. We take our duty seriously, as the premier community food hub of downtown Great Barrington, to fulfill the needs, standards, and expectations of our Owners and society at-large. We will continue our efforts to advance the Co-op's mission of providing opportunities for education, increasing the awareness of and helping to reform a damaged food system. We believe that access to healthy food and food choices are a basic human right.

My final contribution to this edition of the Scoop, is a poem written by Mary Oliver, titled Song for Autumn. 🍎

Don't you imagine the leaves
dream now
how comfortable it will be to
touch
the earth instead of the
nothingness of the air and the
endless
freshets of wind? And don't you
think
the trees, especially those with
mossy hollows, are beginning to
look for
the birds that will come—six, a
dozen—to sleep
inside their bodies? And don't
you hear
the goldenrod whispering
goodbye,
the everlasting being crowned
with the first
tuffets of snow? The pond
stiffens and the white field over
which
the fox runs so quickly brings out
its long blue shadows. The wind
wags
its many tails. And in the evening
the piled firewood shifts a little,
longing to be on its way.



Jessica Bosworth
General Manager



FROM THE BOARD PRESIDENT:

It is so hard to believe that autumn is upon us. Summer has been lovely, and has whooshed right by. It was capped off, recently, by a truly wonderful weekend in my town of Sheffield—the southern gateway to our magical Berkshires; a town that is filled with history.

The weekend of August 19th offered a long-overdue celebration of the life of Elizabeth Freeman. The details of Elizabeth Freeman's life are hazy. We know for a fact that she was a key player in one of the most important legal cases of the American Revolution. Elizabeth was never taught to read or write, so her life story was recorded by the people who knew her, or by historians who heard her story secondhand. This can make it difficult to know exactly what motivated her. Sharing what we do know is important, though, because her actions changed the history of slavery in America.

Appropriately, the weekend was kicked off at Dewey Hall, in partnership with the W.E.B. Du Bois Center for Freedom and Democracy, who provided a round-table discussion. Four historians presented on the life and legacy of Elizabeth Freeman. In 1781, she was the first enslaved African American to successfully sue for her freedom in the Commonwealth of Massachusetts, thereby ending slavery in the state. The historians discussed the realities of Freeman's complex story as an entryway to a larger conversation about African American public history. It's clear we have so much more to learn!

On Saturday evening, the Sheffield Historical Society invited us to the Old Parish Church to listen to local favorite, Wanda Houston, who took on the role

of Elizabeth Freeman in a one-act, one-woman show, "Meet Elizabeth Freeman".

On Sunday morning, to close this inspiring, collaborative weekend, about 80 of us walked the same four mile walk to freedom That Elizabeth Freeman walked 241 years ago. We started in Ashley Falls at the Col. John Ashley house, where Elizabeth (known as Mumbet) was enslaved, and ended at the home of Theodore Sedgewick, a prominent attorney who she sought out to help secure her freedom. Elizabeth had plenty of opportunities to overhear the discussions of the men, gathered at Col Ashley's house, who drafted the Sheffield Declaration. Like many other enslaved people, she was probably inspired by the idea that all people were born equal and hoped that it would be applied to her. Theodore agreed to take her case, and won.

At noon, a large crowd gathered to witness the unveiling of a magnificent bronze statue of Elizabeth. What a wonderful way to bring our greater community together!

I invite you to visit our Sheffield town green, see the statue for yourself, and learn more about this extraordinary woman! 🍅

"Any time while I was a slave, if one minute's freedom had been offered to me, and I had been told that I must die at the end of that minute, I would have taken it just to stand one minute on God's earth a free woman."

— Elizabeth Freeman



Phyllis Webb
Board President



the great AFTER-SCHOOL SNACK guide



Jessy Turner
Program Coordinator

Back to school is always a time of new beginnings. With those beginnings, though, comes transitions. I have two kiddos who are at different points in their schooling and are each experiencing those transitions in a different way. Despite the age gap (and associated difference in needs), three things remain the same: 1. Routine is key. 2. Downtime is a must. 3. They always want a snack.

For my pre-schooler, after-school time requires nothing of him other than to relax and recharge for another full school day. Seven hours of structured schooling, and often missing his nap, takes a toll on his little brain and body. It's important that he has some time to relax and unwind. That usually means around 30 minutes of TV followed by playtime, and, when I am not tied up with work, sometimes an afternoon walk with his sister and our pup.

Like my son, my daughter also needs a break after school. She is almost nine, in the third grade, and starting more academically rigorous work. By the time we hop on the couch after school, she is ready for a break. For her that usually takes the form of TV as well. Luckily both kids like the same TV shows! The difference is that she now has homework. Although

she is excited at this new “big kid work”, we all know the novelty will wear off quickly. So I decided heading into this year that after her 30 minutes of downtime, she will do her schoolwork to get it out of the way. As a reward, she gets a few minutes to play her beloved Zelda video game.

Both kids are pretty great eaters, but the social demands of school means they may not have enough time to eat a full lunch, and are therefore quite ravenous when they get home. One thing they ALWAYS go for is apples. Thankfully we are in apple season so apples are easy to come by. We live near Bartlett's Orchard in Richmond and not too far from Hilltop, also in town. I try and make at least one pilgrimage to both places each year and get a good week's supply per visit. Sometimes, though, weather, work and life prevents us from hitting the orchard, so I am grateful that the Co-op has an ample supply of local apples to choose from when I am on the run. Even in the off-season, their supply of organic apples can keep up with my kids' frenzy.

The kiddos are also quite thirsty at the end of the day. Although I try and push water, that is all they drink during the day so sometimes I have to quite literally sweeten the pot, so to speak. I will offer them apple and other fruit juices, but

try to cut it with water a little bit so as not to over sugar them at the end of the day. The Co-op has a great selection of juices I feel good giving the family. They also carry seltzers—a sugar-free treat for my tiny humans. Polar's “seltzer-ade” selection is a favorite, as are most flavors of Nixie sparkling water.

Besides the coveted apples, the kids enjoy a good crunchy carb during their afternoon snack. Field Day pretzels, Annie's cheddar bunnies, and Veggie Straws are among their favorites. For a special treat I will pop up a big bowl of popcorn, usually purchased in the Co-op's bulk department. It goes really well with Santa Cruz lemonade!

Like all parents, September is exciting and challenging all at once. I work very hard to make healthy, sustainable routines during this month in the hopes that the rest of the year will sort of go on autopilot. When things pop up, as they always do in life, I am glad to know that yummy, kid friendly snacks are always available at the Co-op. At least they kids will have full tummies. We will see if the homework routine lasts... 🍎





Honest
KIDS
Super Fruit Pouch
ORGANIC JUICE DRINK

Melrose Low-sodium
Polar
Seltzer



POOP:

The Art of Vincent Van Goat

Alan Taylor
Fresh Foods Manager

As the winter snow melts, springtime in the Berkshires blooms with life. Greens and yellows start replacing the whites and browns that covered the hillsides weeks earlier. Leaves start budding. Flowers start blooming. Animals that have spent months sheltering for warmth exit hibernation and introduce their offspring to the outside world. For my partner, Mary, and myself, spring meant planning to add another element to our dream of having a sustainable little life here in Housatonic. This element turned out to be three Nigerian Dwarf Goats.

It all started with some chickens. When I met Mary, she and her mother had four: Blanca, Bridgett, Metiche, and BB. Mary, being a pet lover, first wanted chickens as another pet. Looking into more information she also realized the benefits and experiences of trying to live a sustainable life. Fresh eggs every morning wasn't the only gift the chickens gave us. We had gained an even more valuable asset: their poop.

We had a small 50-gallon compost bin we used for waste that would help fertilize our garden in the spring. For chicken manure to compost properly, it takes anywhere from six to nine months. After that time, it becomes magical. Composted chicken manure provides a slow-release source of

macro- and micronutrients, acts as a soil amendment, and is rich in nitrogen and potassium as well as organic matter. We thought this was a perfect way to help our garden in the flourish in the spring. Not only were we getting fresh eggs, we were also utilizing our pets to their fullest potential.

The winter months gave me free time to think about the upcoming spring and what home improvements I would like to achieve for the coming year. Mary and her mother had free time to think about goats. They wanted two. I remember Mary's mother saying to me, "just small ones. Females. We can use the milk for cream, butter, and cheese!" I was immediately on board with the idea. My research began, and again, there was that golden egg: poop.

Goat manure is another great bi-product. According to aggrifarming.in, goat manure is rich in nitrogen levels, which makes it an excellent soil conditioner. Goat manure improves soil texture which in turn provides a rich environment for roots to grow and allow for excellent water retention. Using goat manure in garden beds can create optimal growing conditions for plants. More research also led to the benefits of their milk. Nigerian Dwarves have higher butterfat content in their milk, almost



6-10%, compared to other dairy goats, making it much sweeter for cream, butter and cheese. The high butterfat in their milk is also ideal for balms and salves. Another selling point was their size. On average, Nigerian Dwarves only grow to an adult weight of 40 to 60 pounds with a height of 20 inches. That's about the same size as a couple of small boxer dogs. Having a pet boxer in the past I thought "no problem!" And so our goat adventure began.

In February I began contacting different farms inquiring about goats. After speaking with a very knowledgeable farmer, we had our two does lined up and ready to go for the beginning of April.

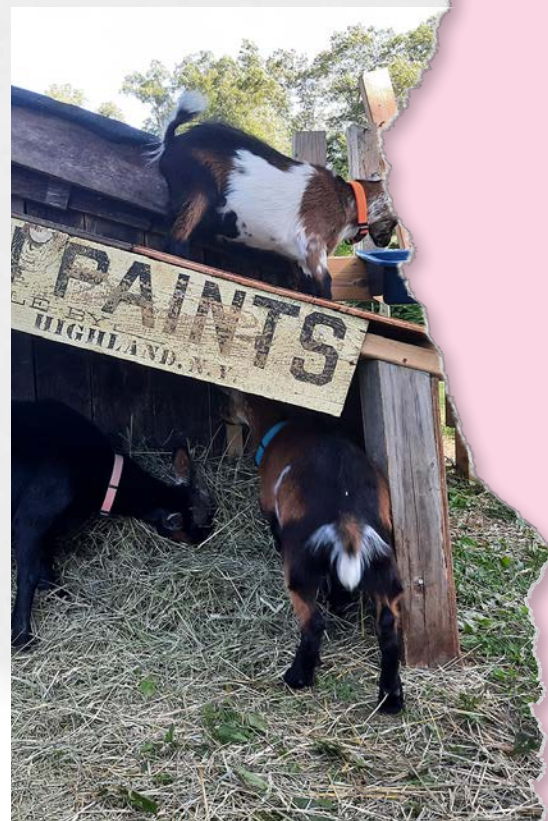
I spent the beginning of March building a goat pen off of the existing chicken coop using recycled wood from an old barn on the property that had fallen. Some fencing left from when the property harbored pigs was also a recycling opportunity that I embraced. We even had enough recycled wood to build a new, bigger, sturdier, and sustainable garden.

We received an email at the end of March stating that our two doe goats were actually bucks. Our hearts were crushed. It defeated our whole original purpose—milking. I searched frantically for another farm that would have females. It was spring, when baby animals are in high demand. After a couple of emails, we found our goats. A 2-year-old female and her male baby. We were excited with the thought of being able to milk immediately. I then received another email stating that there were actually twin babies, and would I be interested in taking all three? Mary's response: "We can't split apart their little family." That meant our duo was now a trio. Mama, with her twins Lucy and Vincent Van Goat, arrived on our little farm two weeks after the twin

goats were born. So far, it has been an experience unparalleled to any other animal I have owned.

Every day I arrive home from work at the Co-op to the normal barking of dogs, but now with the added yelling of goats and clucking of chickens, all reverberating off the Berkshire mountains. I let the chickens out of the coop and the goats out of the pen. They trade houses for a bit, the chickens stirring up the hay, eating the bugs, and making the goat pen a safer place for the goats. The goats are curious around the coop, usually losing interest quickly. They move to the grass; trimming the brush, blades, and fallen leaves, leaving their waste behind, along the chickens' waste. Despite the lack of rain this summer, my lawn is fresh and fertilized. My garden has yielded one of the best harvests I have seen, with fall vegetables to come. The fact that these creatures are helping my family live a life where we can grow our own food, as well as grow enough for others, while leaving less of a carbon footprint and leading us on a path to our own sustainability, is an ecosystem I am proud to be a part of.

With Fall waiting in the wings to ascend on Summers stage, I look forward to the season. This year will be spent transferring the past six months' compost to the garden in preparation for next spring. The chickens will dig up the ground, the goats will eat the leaves, and Mary and I will watch the sun set into a starry starry night. 🍅



EAT WHAT

taste is subjective

Anna Monaco
Seafood Buyer



We live in a world with lots of rules. So many of these rules have to do with food. In the entire state of Connecticut, you can't call a pickled cucumber a pickle unless it bounces. (Yes, someone was once arrested and fined for packaging non-bouncing pickled cucumbers as pickles.) In state institutions in Wisconsin, it is unlawful to serve someone a butter substitute. And in Beech Grove, Indiana, it is against the rules to eat watermelon in the park.



Okay, so in these cases, it's clear that state and local legislatures feel strongly enough to implement actual laws or, at the very least, strict, enforceable policies. But what about the generally taboo things people are told should never be done in the kitchen or at the dinner table? Don't put cheese on seafood. Only drink red wine with steak and white wine with fish and chicken.



Who wrote these rules and why do so many of us follow them? If taste is subjective, how come we all abide by these parameters and shun those who don't? The answer: I don't know.



The basis for most of these so-called "bizarre" food pairings is actually an age-old tradition. The idea of mixing things to reach different sets of taste buds goes back centuries. It's the reason

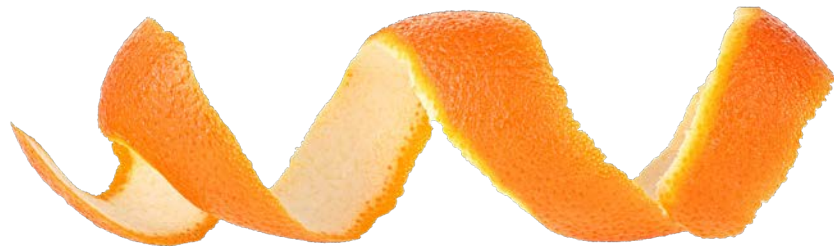
And don't get me started on the regional preferences. I'm not talking about saying pop to refer to soda or calling a sub a hoagie. I'm talking about pineapple on pizza, peanut butter on your hamburger, and apple pie with cheddar cheese melted on top. I'm sure some of you reading this just gasped audibly or made a scrunched up face at some of these suggestions. Perhaps even your mouth started watering for one of these unconventional food combinations.



why we don't just eat one thing at a time but have a composed meal, often consisting of a protein, a starch, and a vegetable. These contrasting flavors can actually balance each other more than you think. Check out my recipe for a Peanut Butter Bacon Burger!

So what does all this mean to you and what you pull off the shelves as you wander the Co-op? Well, I'm here to tell you that it shouldn't factor in AT ALL! There is no reason why you can't pour that pinot noir with a seared piece of cod. You should feel totally comfortable to sprinkle cheese on your shrimp tacos if you want. Add some cheese to your apple pie filling and even add some

YOU LIKE ctive.

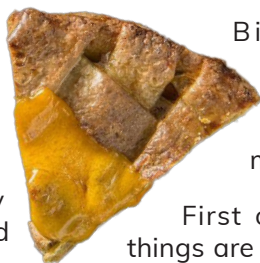


peanut butter to your next chili cook off entry!

If you aren't ready to dive head first into the flavor abyss, don't worry. Try starting off slowly by adding little bits of unconventional flavors to your regular, weeknight favorites. The idea is to expand your culinary repertoire and keep the daily task of cooking meals fun and engaging.

Still not on board? Here's some fun scientific facts to help persuade you:

- Every two weeks, our taste buds die and regrow, meaning our taste preferences are always changing.
- Evolution has changed what we prefer as a species. Bitter things were never top priority.
- Each flavor component (sweet, salty, savory/umami, sour, and bitter) mean different things in terms of what we will get nutritionally out of that food:
 - Sweet/carbohydrate heavy foods mean energy



- Salty means electrolytes
- Savory/Umami means protein
- Sour means vitamins

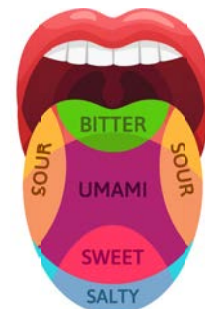
Bitter...well bitter traditionally meant poison. Let's talk about that a bit more!

First of all, not all bitter things are poisonous. However, most poisonous compounds found in nature (think the berries that grew on your family's property that you were told never to touch) are inherently bitter. Humans developed taste receptors for these toxins over 200 million years ago. Bitter indicated something that was not good. It was our safety measure. To this day, some people have very sensitive tastes when it comes to bitterness. Just a little bit and they recoil in disgust. Luckily for me, as an owner of a bitters company, that is not always the case!

Today, bitter things are regularly thought to be of great importance to the culinary world. The most common bitter things you are

probably familiar with include citrus peel, brussel sprouts, coffee, vanilla extract, and cranberries. These flavors pop up in all sorts of dishes. If we didn't mix or pair flavors together, we wouldn't have things like coffee ice cream or brussel sprouts baked with bacon and maple syrup (Check the recipe for this one too). These dynamic food partners are already prevalent in our everyday lives. Why not celebrate them?!

Since this is sort of like a middle school lab report, here is the conclusion of this not-so-scientific experiment; taste is subjective so eat what you like. BUT, don't be afraid to try things you used to not like too much. With a whole new set of taste buds, who knows what you might enjoy next week! 🍅



peanut butter bacon burger

Yield: 4 burgers

Ingredients

1 lb ground beef
4 slices bacon
1 teaspoon chili powder
1 teaspoon brown sugar
½ teaspoon TNT Bitters Company Alibi Aromatic + Citrus Bitters
6 tablespoons peanut butter
1-2 tablespoons sesame oil or peanut oil
4 slices cheese of choice (optional)
4 hamburger buns (toasted if you want)
Sauce of choice (like mayo, ketchup and mayo mixed, etc...optional)
Salt and pepper to taste

Directions

Step 1: Form the ground beef into 4 equal balls (4oz each). Season with a sprinkle of salt and pepper. Flatten and grill or pan sear until they have reached your desired doneness. If you are using cheese, place a slice on each burger and cover the pan or grill to melt the cheese.

Step 2: Cook the bacon until it just starts to get crisp. Cut each slice in half.

Step 3: Combine chili powder, brown sugar, and bitters and toss the bacon in the seasoning mixture.

Step 4: Mix the peanut butter and sesame or peanut oil to thin the peanut butter. You can use either crunchy or creamy peanut butter, that's your call.

Step 5: Assemble the burgers. Start with the bottom bun, add mayonnaise or any sauce you might want to use, place the burger on top, spread the peanut butter mixture evenly over each burger, add one whole slice (two halves) of bacon, and top with the top bun.



maple bacon brussels sprouts

Yield: 4 servings

Ingredients

1lb brussel sprouts

½ lb bacon

¼ cup maple syrup

1 tablespoon olive oil

1 teaspoon TNT Bitter Company Napalm In The Morning Espresso Bitters

Directions

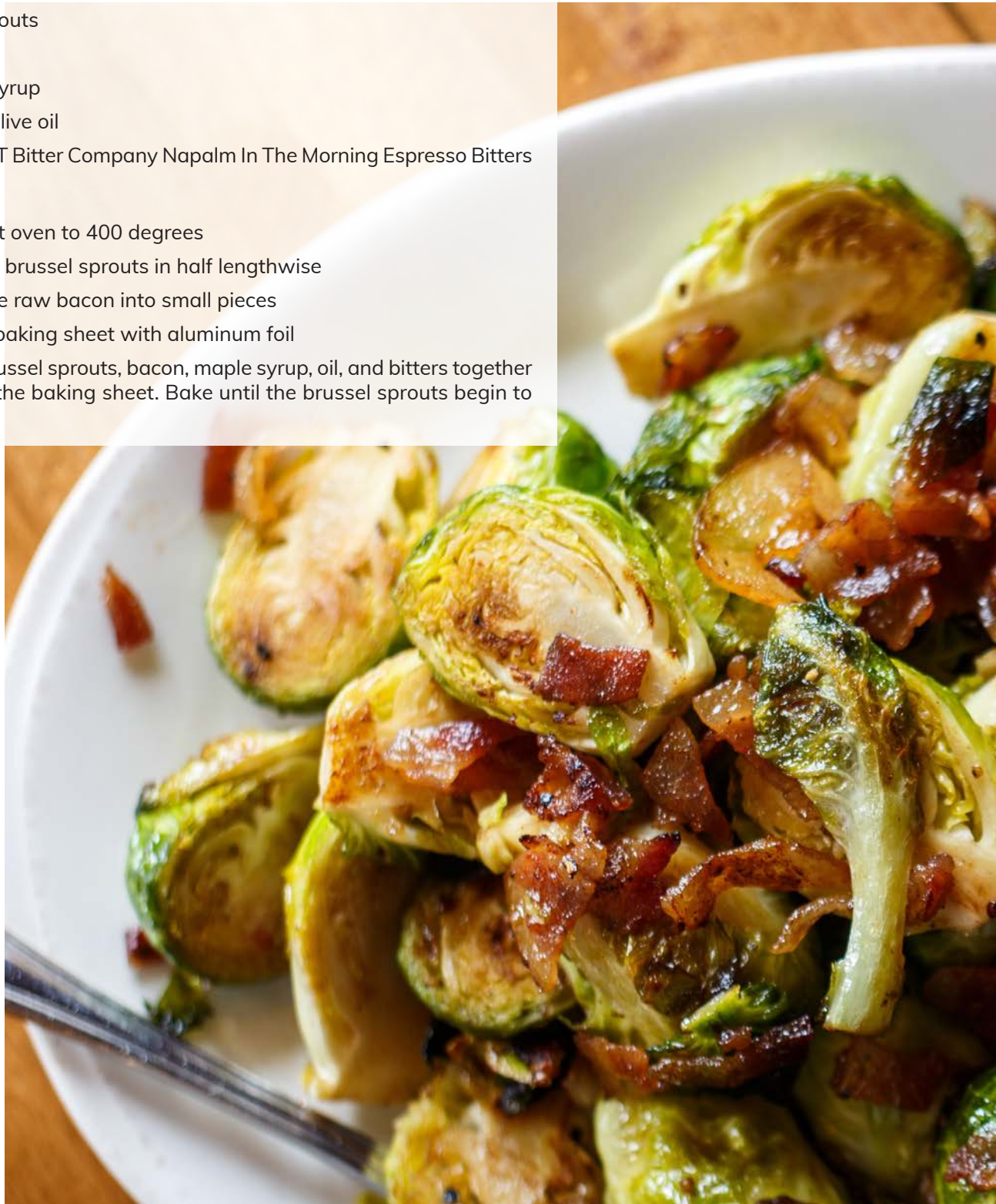
Step 1: Preheat oven to 400 degrees

Step 2: Cut the brussel sprouts in half lengthwise

Step 3: Dice the raw bacon into small pieces

Step 4: Line a baking sheet with aluminum foil

Step 5: Toss brussel sprouts, bacon, maple syrup, oil, and bitters together and spread on the baking sheet. Bake until the brussel sprouts begin to brown.





Scott's Garden

Matt Sinico
Store Supervisor

When I thought about the idea of planting a garden in the Berkshire Food Co-op's parking lot, only one person thought it was a good idea. Of course it was Scott. My "brother from another mother" and the only man to have a greener thumb than myself. In the early spring we started thinking about how to map it out and what we wanted to plant. With the help of Amy Cottini, we procured some sunflowers, tomatoes, wild flowers and assorted other sun-friendly plants. We made sure the soil was tilled and full of nutrients and vitamins. Scott laid a nice layer of red mulch so the flowers had a good home. Right around Memorial Day we went to work planting over 24 sunflowers, 6 tomato plants, assorted flowering plants and some I don't even know what they are. Through the beginning it was mainly Scott who kept up with the daily pruning, watering and general upkeep of the garden.

Then the unexpected happened. Scott needed to have emergency surgery to remove his appendix, which had been giving him trouble for almost two years. The garden

was now our responsibility. Everyone looked at each other and said "we have to do this for Scott." Every day someone watered and pruned to make sure the plants survived. Once or twice I called him in the hospital to swear at him for this added responsibility of taking care of his flowers, but also to make sure he knew he wasn't alone. The garden bloomed and blossomed with six foot tall sunflowers and tomatoes full and ripe. We all gathered together to take care of Scott's garden.

While Scott was gone it felt like there was something missing—something you couldn't touch, see, feel, or comprehend. We're all so used to seeing him every day. Even on days off he'd be here getting a sandwich, and we always hugged. I didn't realize it at the time but it felt like part of me was missing. Something stopped growing inside of me. It took some time but I figured it out Scott's garden wasn't the plants outside it was the soul of the store inside—planting and watering our souls with his presence and laughter. From day one I put myself in his

pocket learning not just my job but also how to be a human being again. When I started at the Co-op I had been in a deep depression, probably one of the worst moments of my life. I really didn't know how to cope or even how to feel. I had this unsettling feeling of letting everyone I loved down. Not being able to see the family business through felt like my fatal flaw. I almost felt dead inside. It took someone like Scott to take me into his world, this world—the world of the Co-op. A new family to take care of me and what I needed, A new growth, a new beginning. Like a new spring growing inside, I was able to try again and grow from the inside out. Yes, it took some time, but with his help and pruning I became myself again. I was able to help others get through their own difficult times. Putting others ahead of myself was just the soil my soul needed. I look forward to Scott taking over his garden again, both inside and outside. I am glad I am able to give my brother a hug once again, and fill the spot that had been empty all summer. 🍅



June 5th, 2022 Everything was planted in their new home.



July 3rd, 2022 Green is starting to show! The flowers seem to like it here.



August 1st, 2022 Nothing like a luscious green forest in the parking lot.

Kitty's Korner

Kitty Kiefer
Board Member



Very close to us is a resource for work in anti-racism and environmental & food justice. Soul Fire Farm offers opportunities for change through enrichment in our actions and in the causes we work for in the world. Soul Fire Farm is in Petersburg, NY on Route 2. The language below is from their website, and it inspires me. It reminds me why I ran for the Board of the Co-op a year ago, and will be influencing my work for the remainder of my term. They are a working farm and use the land and crops as the teaching tools for all.

From their website: "The Uprooting Racism training is a theory and action workshop for environmental and food justice leaders to uproot systemic

racism in our organizations and society. We delve deep into the history and structural realities of racial injustice and develop an understanding of the movement strategies of frontlines communities struggling for food sovereignty. We will examine our personal and societal roles of complicity in and resistance to the system. Much of the time will be spent developing tangible action plans – to use our sphere of influence to uproot these oppressions. True to Soul Fire Farm's values and culture, this work will be rooted in fierce love, courageous self-reflection, and healing connection to land."

Learn more about Soul Fire Farm and their Uprooting Racism training workshop at www.soulfirefarm.org 🍅



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holiday hours

The 2022 holiday season is upon us! Whether you're doing the cooking yourself, grabbing a bottle of bubbly, or just coming in to shop, here are some important dates and hours changes for you to know:

- Thanksgiving Eve (Nov. 23): 8am - 7pm
- Thanksgiving (Nov. 24): closed
- Christmas Eve (Dec. 24): 8am - 5pm
- Christmas Day (Dec. 25): closed
- New Year's Eve (Dec. 31): 9am - 5pm
- New Year's Day (Jan. 1): 10am - 7pm



Heat & Feast 2022 Menu

ORDER NOW!

Preorders will be accepted through
Wednesday, November 16th at 7pm

Submit your order form to a cashier
OR visit

www.berkshire.coop/feast
to order online.

Apples Anytime

Ah, autumn — perfectly embodied in the humble apple. More than 17,000 varieties of this tempting fruit have been identified, and Red Delicious is only the beginning.

At the co-op, you'll find apple varieties that boast wide-ranging flavor profiles, from the oh-so-tart to satisfyingly sweet. Some are ideal in a lunchbox, while others shine in baked goods. Explore an array of possibilities for savoring this versatile fall favorite at every meal with these recipes. You'll quickly discover that "an apple a day" isn't nearly enough!



French Toast with Warm Apple Pecan Compote

Servings: 6. Prep time: 60 minutes.

Compote

- ¾ cup water or apple juice
- ¼ cup brown sugar
- ¼ cup maple syrup
- ½ teaspoon cinnamon
- ¼ cup raisins
- ¼ cup chopped pecans
- 3 cups apple, peeled and cut into ½-inch pieces
- Pinch of salt
- 1 tablespoon cornstarch
- 2 tablespoons butter

French Toast

- 2 tablespoons butter
- 5 large eggs
- 1 cup milk
- 2 tablespoons maple syrup
- Pinch of salt
- 1-pound loaf of soft-crustured bread (such as brioche or challah) cut into 1-inch thick slices

1. To make the compote, bring the water, brown sugar, maple syrup, cinnamon and raisins to a boil in a saucepan. Add the pecans, apples and salt. Bring the mixture to a simmer and cook for about 15 minutes, stirring occasionally. Add the cornstarch and butter and simmer another 3 to 5 minutes until slightly thickened. Keep warm while preparing the French toast, or prepare the compote the night before and reheat.
2. Heat the oven to 300° F. Place a metal rack in the oven to keep pieces of finished French toast warm while the rest is cooking. Melt a little of the butter in a large skillet (or two skillets to make the process go faster) over medium-low heat. Whisk the eggs, milk, maple syrup and salt in a large bowl. Soak each slice of bread in the egg mixture for about 30 seconds on each side. Place in hot skillet and cook each side for 3 to 4 minutes until golden brown. Add more butter for each new piece of toast added to the pan. Slice French toast into triangles and serve topped with warm apple compote.



Waldorf Salad with Yogurt and Honey

Servings: 4 – 6. Prep time: 30 minutes.

- 1 lemon, juice and zest (about 2 to 3 tablespoons juice)
 - ½ cup Greek yogurt
 - 1 teaspoon honey
 - Salt and pepper to taste
 - 2 cups apple (1 large apple), cut into bite-sized pieces
 - 1 cup seedless grapes, halved
 - 1 cup celery (2 to 3 ribs), cut into ½-inch pieces
 - ½ cup toasted walnuts, coarsely chopped
1. In a small bowl, whisk together the lemon juice, zest, yogurt and honey. In a large salad bowl, gently toss the apples, grapes, celery, and walnuts with the dressing. Season to taste with salt and pepper. Substitute nonfat Greek yogurt for a lower-fat version if you like.

Breakfast, lunch and dinner — or anytime in between — there are endless ways to enjoy apples all day. Visit grocery.coop to find more delectable apple recipes.



Cooking with Beer

Cheers! Your favorite brew is a surprisingly useful recipe ingredient.

From the darkest stouts to the lightest of summer ales, craft beers created at upstart breweries are undeniably popular. Beer lovers have grown increasingly curious about how to pair – and prepare – food with beer. Marinate and tenderize meat or caramelize vegetables using beer. Its carbonation makes the batter on fried foods light and crispy, and it helps to leaven baked goods, giving them a moist, tender texture. The alcohol acts as a solvent to break chemical bonds in other ingredients, intensifying the flavors we perceive from both the aroma and taste of food. Discover how deeply flavorful cooking with beer can be!

Turkey Vatapa

Servings: 4 to 6. Prep time: 45 minutes; 30 minutes active.

- 1 tablespoon vegetable oil
- 1 cup diced yellow onion
- ½ cup diced green bell pepper
- 3 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 tablespoons minced fresh jalapeño pepper
- 3 ½ cups diced tomatoes (1 28-ounce can)
- 12 ounces lager beer
- Salt
- ¾ cup peanuts, ground fine in a food processor
- 1 cup light coconut milk
- 2 ½ cups cooked turkey, skin removed, chopped
- Ground black pepper
- 3 tablespoons minced parsley
- 3 tablespoons minced cilantro
- 1 lime, zest and juice

1. In a large Dutch oven or stockpot, heat oil over medium-high heat. Add onion and bell pepper and saute for 5 minutes. Add the garlic, ginger and jalapeño and saute another few minutes.
2. Stir in the diced tomatoes, beer and a pinch of salt and bring to a boil. Cover pot, reduce heat to a simmer and cook for 15 minutes, stirring occasionally. Add the ground peanuts, coconut milk and turkey. Stir and simmer, uncovered, for another 5 to 10 minutes. Add salt and pepper to taste and stir in the parsley, cilantro and lime zest and juice.

Start simply: Try using beer in place of water or stock, as in this stew. Beers offer a wide variety of flavors, colors and intensity, and a stronger brew will produce a more flavorful dish. With heat, much of the alcohol evaporates, leaving behind the beer's complex flavors.



Whole Wheat Beer Bread

Servings: 14 (1 loaf). Prep time: 1 hour, 15 minutes; 15 minutes active.

- ¾ cup water
- ¼ cup bulgur
- 1 cup unbleached flour
- 2 cups whole wheat flour
- 4 teaspoons baking powder
- 1 ½ teaspoons salt
- ¼ cup molasses
- ¼ cup oil
- 12 ounces wheat beer or lager

1. Preheat oven to 350° F. Lightly grease a 9x5-inch loaf pan. In a small saucepan, bring the water to a boil, then add the bulgur and cover. Reduce the heat to low and cook for 15 minutes. Take off the heat, uncover, let cool.
2. In a large mixing bowl, combine unbleached flour, whole wheat flour, cooked bulgur, baking powder, and salt. In a medium bowl, mix the molasses and oil, and stir in the beer to mix. Pour into the flour mixture and stir until well-mixed. Scrape dough into prepared loaf pan.
3. Bake for 40 to 45 minutes, until a toothpick inserted into center of the loaf comes out clean.

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